



July 20, 2016

Dear Residents:

Wisconsin Emergency Management, the Wisconsin Department Services and the City of Menasha Health Department urges everyone to “Beat the Heat,” especially if you have to be outside or in non-air conditioned homes this week. It is expected that heat and humidity will build across the area Wednesday and continue through Saturday. Here are some tips to keep safe in hot weather:

- Please check on older or isolated neighbors who may need assistance.
- Drink plenty of water all day and eat lightly. Avoid sugary beverages, alcohol or caffeine.
- Stay cool in an air conditioned area.
- Wear lightweight, loose-fitting, light-colored clothing. Add a hat or umbrella, use sunscreen.
- **Never leave anyone, especially children or pets, in a parked car – even briefly.** Temperatures in a car can become life threatening within minutes, even with windows cracked.
- Keep your living space cool. Cover windows. If you don’t have an air conditioner, open the windows to circulate air. When it’s over 90 degrees use fans. Basements or ground floors are cooler than upper floors.
- Slow down and limit physical activity. Plan outings or physical activity for early morning or after dark.

For more heat related health safety tips access:

<https://www.dhs.wisconsin.gov/climate/weather/heat.htm>

<http://emergencymanagement.wi.gov/news/2016/BEATTHEHEAT-7-19-16.pdf>

http://emergency.cdc.gov/disasters/extremeheat/pdf/beready_extreme_heat.pdf

“Beat the Heat” and enjoy activities at these City of Menasha air conditioned locations:

Elisha D. Smith Public Library - 440 First Street Menasha, WI - (920) 967-3690

Mon-Thurs 8:30am - 8:30pm

Friday 8:30am - 6:00pm

Saturday 9:00am - 1:00pm

Thursday and Friday Special Events – no charge:

July 21 Painted Rocks (teens & tweens) - Elisha D. Smith Public Library - 1:00pm

July 21 Running Clinic/Film: Run Free: The True Story of Cabello Blanco - 5:00pm/6:00pm

July 21 Dive-In Movie at Menasha Pool - 6:45pm Activities, 8:45pm Elf

July 22 Baby Story Time - Elisha D. Smith Public Library - 10:00am

Menasha Senior Center - 116 Main Street Menasha, Wisconsin – (920) 967-3530

Monday-Friday 8:00 am – 4:00pm

Special Event: A magician show will be held on Friday July 22 from 2-3 pm. (no charge).

Menasha Health Department - 316 Racine Street Menasha, WI – (920) 967-3520

Monday-Friday 8:00 am – 4pm

Special Event: Public television will be available for viewing.

Sincerely,

Nancy McKenney, MS, RDH

Public Health Director